

2022 ANNUAL REPORT



Truth & Land Acknowledgement

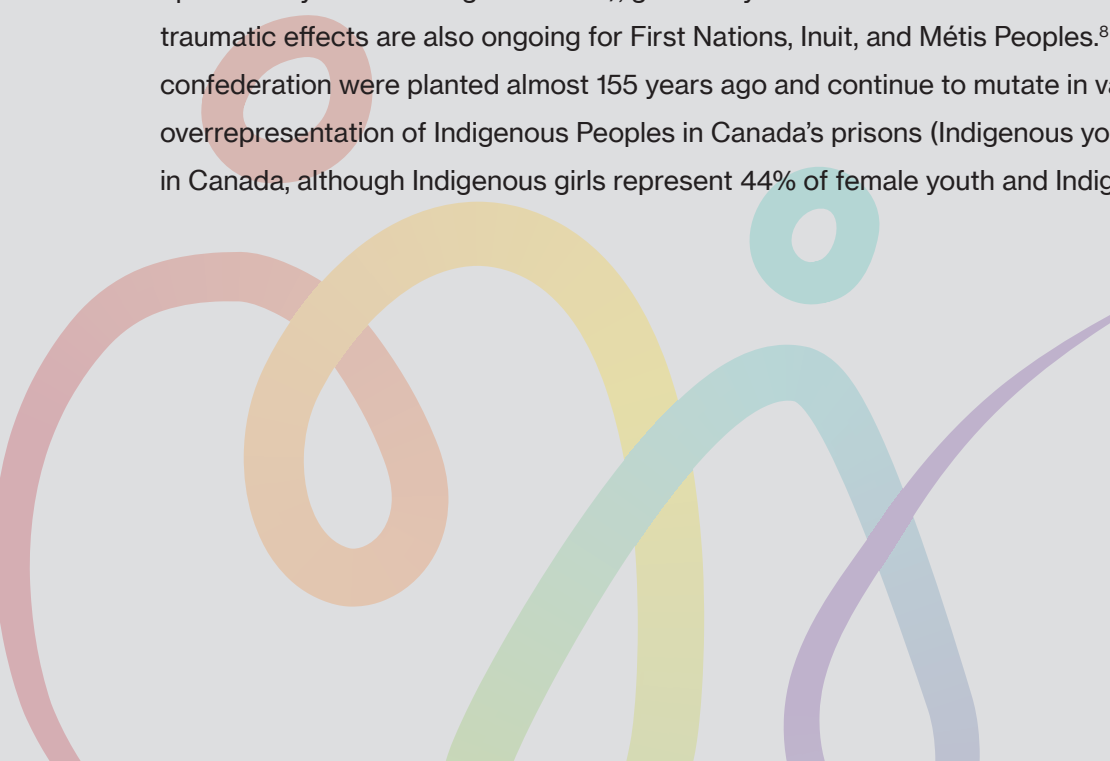
Myles Ahead, Advancing Child & Youth Mental Health (“Myles Ahead”), was established to create system changes that will help children, youths, and their families access timely and appropriate mental health supports, with the ultimate objective of life promotion (i.e., suicide prevention). Myles Ahead is a national charity, operating in Tkaronto, Ontario, Turtle Island, and we wish to acknowledge that we are on the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee, and the Wendat Peoples. Tkaronto is now also home to many diverse First Nations, Inuit, and Métis Peoples.

Myles Ahead also acknowledges that Tkaronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.¹ Given our focus on life promotion for children and youths, we particularly want to acknowledge that the suicide rates of Indigenous youth in Canada are alarmingly and heartbreakingly high.

Suicide is the second leading cause of death among children and youths aged 10 to 29 in Canada.² For First Nations people, the rate of suicide climbs to 6.2 times higher than the rate for non-Indigenous Peoples in the same age range.³ For Inuit people, the rate of suicide skyrockets to 23.9 times higher.⁴

Canada’s racialized systems of inequity have existed since confederation and this reality was amplified by the Indian Act (1876), which is still in effect today. The Indian Act “has enabled trauma, human rights violations and social and cultural disruption for generations of Indigenous Peoples.”⁵ Although mandated Indian Residential Schools and Indian Day Schools are now closed, as of 1996⁶ and 2000,⁷ respectively, their traumatic effects are ongoing for First Nations, Inuit, and Métis Peoples.

In addition, while most of the racially segregated Indian Day Hospitals are now closed (two remain in operation by the federal government), given they were “intended to further assimilationist goals,” their traumatic effects are also ongoing for First Nations, Inuit, and Métis Peoples.⁸ The oppressive seeds of confederation were planted almost 155 years ago and continue to mutate in various forms, such as the overrepresentation of Indigenous Peoples in Canada’s prisons (Indigenous youth comprise 7% of all youth in Canada, although Indigenous girls represent 44% of female youth and Indigenous males represent



29% of male youth in prisons⁹) and the child welfare system (Indigenous children represent 52.2% in foster care, although they represent only 7.7% of the child population¹⁰); Missing and Murdered Indigenous Women, Girls, Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Asexual (2SLGBTQQIA+) People (Indigenous females represent 16% of all female homicide victims, and 11% of missing females, despite Indigenous people representing 4.3% of the population in Canada¹¹); and, as of November 1, 2021, 99 drinking water advisories persist within Indigenous communities.¹²

As the Government of Canada continues to uphold colonial policies and practices that oppress First Nations, Inuit, and Métis Peoples, including deprivation of their rights to self-determination and sovereignty, this continues to have varying negative impacts on their multidimensional wellness. Myles Ahead is grateful for the teachings and stewardship of Indigenous Peoples to protect and honour Turtle Island.

We are dedicated to aligning our efforts to the advancement of the United Nations Declaration on the Rights of Indigenous Peoples, the Truth and Reconciliation Commission of Canada's 94 Calls to Action, and the 2021 Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ People National Action Plan: Ending Violence Against Indigenous Women, Girls, and 2SLGBTQQIA+ People.

We also honour the cultures and teachings of Indigenous Peoples. We are indebted to their ways of knowing, being, and doing that strengthen Indigenous children and youths' connection with Elders, communities, cultures, and lands, which are also life-promoting and protective factors for All.

Anti-Violence Policy

Myles Ahead, Advancing Child & Youth Mental Health (“Myles Ahead”), acknowledges that violence is pervasive within our society. Violence directed towards racialized and marginalized people within Canada requires dedicated action to advance awareness and constructive approaches to help create a just and safe culture for everyone.

For this policy, violence is defined to include, yet not limited to, any form of racism, stigmatization, discrimination, marginalization, sexism, heterosexism, homophobia, and transphobia, among any belief, bias, behaviour, practice, policy, and/or system that oppresses. As documented in this policy, Myles Ahead is dedicated to creating an organizational culture that is safe for everyone: inclusive, decolonized, diverse, equitable, accessible, and anti-violent (IDEA).

It is fundamental that Myles Ahead’s practices and products reflect this policy to fulfil our mission to advance child and youth mental health in Canada. Racism is deeply entrenched and widespread in society; particularly, for more than a century, anti-Indigenous racism and anti-Black racism is a chronic form of violence. Violence towards First Nations, Inuit, Métis, Black People, and other Powerful Groups Targeted for Oppression, has devastating impacts that cause lifelong and intergenerational trauma.

For example, some of these impacts include the cause and/or exacerbation of mental health challenges and barriers to accessing timely and suitable mental health supports. Tragically, First Nations, Inuit, Métis, and Black People are especially underserved by mental health support systems and overrepresented in the child welfare and youth justice systems. Without equitable access to child and youth mental health services, these communities experience poorer mental health outcomes than other communities.

One way that Myles Ahead demonstrates our dedication to anti-violence is by embedding IDEA practices as a fundamental principle to co-design our initiatives. In addition, our dedication to anti-violence, as illustrated in the following diagram, yet not limited to, is also demonstrated by the following actions:

- Providing foundational and ongoing IDEA training for employees and Board members;
- Initiatives, policies, and practices are aligned with this policy, including best practices related to anti-violence; and,
- In recognition that language has an immense impact on creating a trusting, respectful, and non-judgemental culture, and that language is constantly evolving, Myles Ahead regularly (at a minimum, annually) reviews and adjusts language in our documents and on our website, among other media, to reflect IDEA best practices.



Myles Ahead pledges to be an active partner, supporter, and ally in co-creating a safe and just world for everyone, as outlined in this policy. We stand firmly with our partners to eradicate all forms of violence.

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EXECUTIVE SUMMARY

The year 2022 is the fourth year of operation for Myles Ahead, Advancing Child & Youth Mental Health (“Myles Ahead”), and we are pleased to share this retrospective that documents our many accomplishments and progress made towards our goal of advancing systems to better support child and youth mental health. Our efforts have been developed and progressed in response to system-level risks, barriers, and gaps identified through research, and validated with our strategic network. We emphasize the importance of continuity of care across our initiatives because we believe that child and youth mental health is the collective responsibility of everyone involved in the systems that interact with them.

2022 Initiative Summary



We are incredibly proud of our flagship initiative published on Research Gate in Q1: SafER Space. Once published, we implemented a strategic knowledge mobilization plan, including a social media and letter-writing campaign; meeting with hospital and mental health organization executives in two provinces; and, meetings with ministers and senior policy advisors, federally and in two provinces.



We had the pleasure of developing, leading, and completing a co-design process with 9 youth, both Indigenous and non-Indigenous, for our Myles to Mars youth hub initiative. The framework will be published in 2023.



We completed the research phase for Heart-to-Heart, an initiative to help parents and caregivers of children and youth with mental health challenges access support from trained peers with lived expertise. This landscape assessment and literature review will inform the co-design process.



We increased our readership twofold to include over 2500 educators. We developed and delivered 36 curated, themed emails each containing three unique resources to enhance educator mental health literacy and support associated curriculum.



We completed a research project in partnership with the Mental Health Commission of Canada for the Ontario Youth Suicide Prevention Life Promotion Collaborative on available resources to support adults who interact with youth in building awareness and helping mitigate the risk of suicide.

Thanks to our amazing community of supporters, we were able to accomplish all of this in addition to organizing our annual Run Myles Ahead event, our Giving Tree year-end fundraiser, and much more! The outcomes achieved in 2022 have strengthened our foundation to continue our work. They reflect the progress Myles Ahead has made on our journey, moving beyond R&D and establishing our co-design and engagement processes, to focus on initiative profile-building to support system transformation.

1.0 BACKGROUND

Myles Ahead is a registered national charity established in memory of Myles Kulperger in 2019. With a whole systems approach, Myles Ahead's work is focused on improving access to mental health supports and services for young people, to enhance recovery pathways and help prevent risks associated with suicide. Particularly, our goal is to help identify and bridge gaps so that the care system is more responsive to all young people, especially those populations with higher rates and/or risk of suicide. The system needs to ensure transition points in the care system are strengthened. Myles Ahead is dedicated to bridging gaps and scaling evidence-informed best practices that prioritize timely access to appropriate mental health supports and services for young people, where and when they need them. Ultimately, Myles Ahead's purpose is to prevent child and youth suicide. Aligned with our purpose, Myles Ahead focuses on researching and developing initiatives within the following three areas: Mental Health Systems; Education / School-Based; and Life Promotion / Suicide Prevention.

We validate preliminary concepts with strategic industry partners, collaborators, and through a high-level scan of the environment to ensure the initiative is valuable and not duplicative. Once validated, our initiative development includes best-practice, evidence-based literature review and primary research with industry and lived experts, followed by a co-design process with lived experts. Our draft frameworks then undergo a detailed, iterative review by contributors and industry collaborators before the initiative is finalized and published. Once published, we work to mobilize our scalable frameworks to help address gaps within the systems that support child and youth mental health.

As part of Myles Ahead's systems approach, our industry network helps to amplify our work and prevent duplication or confusion within the mental health-related systems. In addition, we approach our work as a learning organization, implementing methodologies such as the Plan-Do-Check-Act Cycle, as shown in Figure 1, to help ensure efficiency, quality, and accountability throughout our work, which is also governed by our Board of Directors.

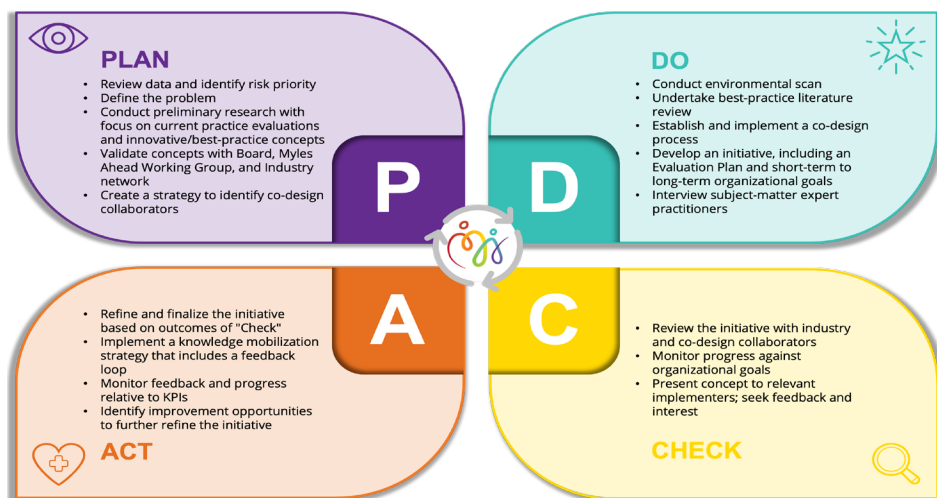


Figure 1. Plan-Do-Check-Act

2.0 TEAM

Led by Leslie Kulperger, in 2022, Myles Ahead's Team included Damion Nurse, Nicole M. Weatherly, Jeevita Sidhu, and Stefanie Baios, who collectively focused on initiatives to advance child and youth mental health.



Leslie Kulperger (She/Her), Founder & Executive Director

In memory of Leslie's son Myles, she has dedicated her life to advancing systems that support child and youth mental health in Canada. In addition to the experience of being a mother of a child who suffered from mental health challenges, Leslie also brings invaluable professional experience to her role as Myles Ahead's Executive Director (pro bono). Prior to founding Myles Ahead, she led local, regional, national, and international large-scale projects, including continuous improvement, evaluation, governance, and strategic programming activities, while also building strong relationships with diverse groups of stakeholders..



Damion Nurse (He/Him), Director of Activation

Damion was eager to apply his ideation, development, and management capabilities to successfully execute strategic initiatives for Myles Ahead. In 2022, he supported the Youth Collaborative co-design process for Myles to Mars in addition to developing, maintaining, and helping develop strategic social media campaigns and grant proposal content. Damion also developed and maintained strong relationships with the Myles Ahead Community.



Nicole M. Weatherly (She/Her), Director of Transformation

Nicole collaboratively transforms relationships, processes, and ideas for the intentional and integrated co-design of Myles Ahead's initiatives. Her diverse expertise means she wears many hats at Myles Ahead, such as the strategy, development, and implementation of grant writing and social media campaigns. Among many of Nicole's notable achievements for 2022, she led the co-design phase of Myles to Mars.



Jeevita Sidhu (She/Her), Research & Development Analyst

Jeevita led the research for our Heart-to-Heart initiative, which will provide a framework that helps co-create a peer-support networks for parents/caregivers in Canada. Also, Jeevita was a key member of the project team to support the co-design process of the Myles to Mars initiative and supported the Myles Ahead team as needed.



Stefanie Baios (She/Her), Research & Development Analyst

Stefanie draws upon her scientist-practitioner sensibilities to help advance meaningful mental health initiatives for children and youth. In 2022, she focused on researching best practices and conducting a national landscape assessment of mental health programs in schools. Stefanie also supported many ad-hoc areas of work on a part-time basis while she is undertaking her Master of Science in Developmental Psychology and Clinical Practice at the University College in London.

3.0 BOARD OF DIRECTORS



Edward Kulperger (He/Him), Founding Director, Chair of the Board

As a Senior Vice President at Geotab and a Board of Director at BeWhere Inc. (BEW:TSX-V), Edward brings a wealth of business development and organizational governance expertise to Myles Ahead. Edward is dedicated to making a difference in memory of his nephew, Myles, and translates his innovative business strategies to help fill gaps, creating effective and efficient solutions to enable more access to services for those who need it.



Mike Singleton (He/Him), Founding Director, Treasurer

Mike Singleton has more than 15 years of experience as an energy economist, operating a non-profit organization focused on energy policy and resource planning. As the Executive Director of Sustainable Buildings Canada (SBC), Mike has extensive experience developing capacity with hands-on activities, including stakeholder design charrettes, demonstrating the potential to improve building designs and operations.



Bella Karsh (She/Her), Founding Director, Secretary

After graduating from Concordia University with a Bachelor of Arts in Early Childhood and Elementary Education, Bella attended the Ontario Institute for Studies in Education at the University of Toronto to complete a Master of Arts in Applied Psychology and Human Development. She has worked for the Toronto District School Board for the past 20 years, which includes 12 years as a teacher and 8 years as an administrator. Bella is currently the principal at William G. Miller Public School.



Dr. Stacey Espinet (She/Her), Founding Director

Stacey has over 15 years of experience conducting research and large-scale program evaluations in the fields of child development and mental health. She has a Doctor of Philosophy in Developmental Psychology from the University of Toronto, where she focused on facilitating the early emergence of executive-function skills that underly mental health.



Anseh Dibaji (They/Them), Founding Director

Anseh is a clinical social worker and mental health lead at a Family Health Team in downtown Toronto. She has a Bachelor of Social Work from Ryerson University and a Master of Social Work from the University of Toronto. Anseh worked in the children's mental health sector for 7 years prior to focusing on youth and adult mental health treatment in a primary care setting, developmental trauma, and the neuroscience of mindfulness meditation.



Dr. Dina Lafoyiannis (She/Her), Director

Dina is a Clinical Psychologist registered with the College of Psychologists of Ontario. She holds a Master's in Medical Sciences from the University of Toronto and a Ph.D. in Clinical Developmental Psychology from York University. A strong advocate of public mental health services, Dina has worked in a number of public children's centres and provided clinical supervision to psychology trainees. Dina currently runs a private psychology practice in Toronto.



**"ALONE WE CAN DO SO LITTLE;
TOGETHER WE CAN DO SO MUCH."
— HELEN KELLER**

Photo of "Killbear Sunrise" (one of Myles' favourite places) by Claudiu Dobre from Getty Images.

4.0 MENTAL HEALTH INITIATIVES

Myles Ahead focused on progressing the following mental health frameworks in 2022:

- SafER Space: A Human-Centred Approach for Advancing Child & Youth Mental Health in Emergency Departments;
- Myles to Mars: An Evidence-Informed, Scalable, Framework to Equitably Co-Design Youth Hubs; and,
- Heart-to-Heart: A Peer Support Approach to Connecting Parents & Caregivers of Children & Youth with Mental Health Challenges.

These initiatives are further outlined in this section, highlighting our progress and next steps.

4.1 SafER Space



Increasingly, parents and caregivers turn to emergency rooms (ERs) to support their children who are experiencing a mental health crisis, which has compounded during the pandemic – making ERs often the first point of contact families have while trying to access mental health supports. Tragically, the risk of suicide more than doubles after a young person has had an adverse ER experience related to their mental health. In response to this emergency, Myles Ahead's flagship initiative, SafER Space, was developed. It also includes a Transformation Toolkit to support practitioners, professionals, and organizations to adapt and implement.

Myles Ahead published the SafER Space document in Q1 and activated a knowledge mobilization strategy to promote awareness of the initiative's benefits and to engage partners to help with uptake and implementation. This included a press release, press kit, social media campaign, and a government engagement campaign across Canada.



Figure 2. SafER Space Knowledge Promotion Campaign Graphics



Figure 3. SafER Space Framework Model and posts from SafER Space Social Media Campaign



Figure 4. LinkedIn banner of a re-imagined ER waiting room

One of our partners, Frayme, helped to amplify SafER Space's knowledge mobilisation plan, which included their recommendation of a one-click letter campaign for supporters to easily send letters to government representatives. As a result of our plan and in collaboration with community members and strategic partners, Leslie was able to meet with a number of hospital executives and government representatives in Alberta, Ontario, and Saskatchewan, as well as at the federal level, including Ontario's Associate Minister of Mental Health and Addictions, Minister Tibollo. In addition, with guidance from the Board of Directors, Leslie is also leading the ongoing discussions with children's hospitals to pilot SafER Space within their ERs.

Next Steps

We will continue building relationships and knowledge mobilization efforts with hospitals, government officials, and strategic partners, with the objective of advancing the planning and integration of SafER Space within all ERs across Canada, with a priority focus on children's hospitals.



Figure 5. L-R: Leslie Kulperger (Executive Director, Myles Ahead), Michael Tibollo (Associate Minister of Mental Health and Addictions), and Isabelle Cotton (Constable and Youth Engagement Officer, Toronto Police Services).

4.2 Myles to Mars



The purpose of the Myles to Mars initiative is to connect research and best evidence-informed practices with youth-lived expertise, enabling expansion and continuous improvement of mental health youth hubs across Canada, prioritizing areas with a greater risk of suicide. The Myles to Mars co-design process included facilitating regular co-design sessions with the Youth Collaborative, which included Indigenous and non-Indigenous youth from Frayme's Groundbreakers, Finding Our Power Together's Young Leaders Circle, and Myles Ahead's Community.

To support this process, we collectively developed a Terms of Reference to clarify the project scope, schedule, roles, and expectations, iteratively updating with the Youth Collaborative's ongoing feedback. A range of options was available (online and offline) to accommodate diverse participation, including ways to provide feedback, and we used an iterative process through which feedback was discussed and solutions were determined collaboratively. With support and guidance from the Sphere Media team, including producers Melanie Leckie and Vanessa Larkey, and in collaboration with a sub-group of the Youth Collaborative, we initiated the development of an animated video to support future Knowledge Mobilization efforts associated with Myles to Mars.



Figure 6. Members of Myles to Mars Youth Collaborative

Biographies of the Youth Collaborative Members:

Alyssa Coghill

Alyssa is an Anishinaabe educator who is passionate about bringing cultural opportunities for Indigenous and non-Indigenous youth to better their relationships with themselves, their communities, and the land. In her own words, “Myles to Mars represents one of the many amazing charities looking to provide programming and aid to youth suffering with mental health issues. As an Indigenous person who works closely with youth, this collaborative effort provides an opportunity for me to help a wider perspective on the specific cultural needs of our youth.”

Stacie Smith (she/her)

Among many accomplishments, Stacie obtained a Bachelor of Science Degree in Kinesiology, along with a Disability Management Certificate, both from Dalhousie University, as well as a Bachelor of Elementary Education Degree, with Dean's List and First Division distinctions, from the University of New Brunswick. She is an experienced Project Coordinator who is skilled in youth engagement, leadership, and research. Currently, Stacie is a Youth Mental Health Project Coordinator with Partners for Youth. Stacie joined the Youth Collaborative because of her own lived experience with mental health challenges, sharing “These youth hubs would have benefited me greatly and I want to be part of one solution to reducing barriers to accessing early-intervention mental health services.”

Madeleine Cho (she/her)

Madeleine is currently doing her Bachelor of Kinesiology at the University of Toronto and plans to enter into nursing with the hope of focusing on paediatric psychiatry and eating disorders. She first got involved with mental health advocacy in 2014 and has had the opportunity to engage with numerous organizations since then. Her work has included programming, research, building design, policy, education, 2SLGBTQ+ services, and public speaking. She is also a peer supporter with UofT's Health and Wellness Peer Support Service which offers one-on-one, confidential sessions to students. When she's not studying or advocating she can be found defending the net, whether it's ice hockey, ringette, or field hockey, or helping coach the next generation of players. In her own words, ‘Co-creating this framework was my first project that focused on scalability which allows for any community, regardless of resources, to implement changes so that the youth walking through their door tomorrow have a better experience.’

Angel Nothing

Bio not provided.

Anne Marie Portelli (she/her)

Anne Marie Portelli graduated from the University of Guelph with a major in Child, Youth and Family and recently began her Master of Social Work at Wilfrid Laurier University. Her lived and living expertise are a huge ‘why’ in terms of why she is passionate about mental health and wellness - and creating a mental health and substance use system where youth can access the supports they need when they need it. In her own words, “I joined Myles to Mars' Youth Collaborative because I know what it's been like trying to access services and support, in addition to trying to navigate the stigma surrounding conversations about mental health and illness. It. Is. Difficult. And I only wish youth wellness hubs and the mental health promotion and education we are seeing existed when I was growing up - because it would have made all the difference to know that I wasn't alone and that I didn't have to struggle alone. Being a part of Myles to Mars' Youth Collaborative means transforming the youth mental health and substance use system. It means youth accessing the supports they need when they need it. It means youth knowing they aren't alone and don't have to struggle alone. It means doing the early intervention and prevention, to promote wellness, rather than waiting until youth are in distress and defaulting to crisis management.”

Tina Anderson

Tina is a Cree iskwew/woman and mother.

Mikaela Basile (she/her)

Mikaela is a passionate activist for healthcare reform and disability justice. As a young person with lived experience of mental illness and disability, she has experienced the healthcare system firsthand and is excited for a future where healthcare is more accessible, equitable and inclusive. Mikaela is extensively involved in her community through her volunteer work with Frayme, Foundry BC, Foundry Surrey, CAMH, Myles Ahead and through her own project, BC Advocacy Corner. Mikaela completed a Bachelor of Arts in International Studies from Simon Fraser University, participated in Frayme's Knowledge Mobilization Fellowship and is currently pursuing her certification in peer support as well as continuing to work for the Government of Canada. She hopes to continue to work in the youth mental health and substance use sector in the future through advocacy, research that emphasizes lived expertise, and peer support. In her own words, "I joined the Myles to Mars' Youth Collaborative because I wanted to support Myles Ahead's work in tackling suicide prevention and advancing youth mental health care so that no child is turned away like so many are currently. I am such a fan of the youth hub/integrated youth services (IYS) model and the support that it provides to youth across Canada. Being involved in the co-design of best practices for youth hubs is such important work and the diversity of lived experience that was present in the Youth Collaborative is so inspiring to ensure that every child feels safe, supported and understood when navigating future youth hubs. It means so much! Having navigated the youth mental health system myself, I have seen personally how inaccessible, inequitable and scary it can be for caregivers and youth to find the help that they need and deserve. I am excited for a future mental healthcare system in Canada that prioritizes youth and their families and I think the guidelines that were created in the Youth Collaborative will contribute to that."

Tennesha Skyers

In 2013, Tennesha Skyers started oil painting. Tennesha attended OCAD University. She continued to pursue her education abroad and in business programs. She has attained three business grants and studied art in Paris, Los Angeles, London, Miami, New York, Atlanta, Venice, Rome, Florence, Barcelona, Vancouver, and Vienna. Tennesha donates art supplies to youth from each sale of her painting. Her art is collected in museums internationally. Tennesha sets out to create art that represents and empowers diverse people and gives back to aspiring artists.

Next Steps

Our focus in 2023 will be to finalize the co-design of Myles to Mars, publish the framework, and create and implement a knowledge mobilization plan to strategically promote the initiative across Canada.

4.3 Heart-to-Heart



Formerly known as the Parent/Caregiver Peer Support Hubs, in 2022 it was rebranded to Heart-to-Heart: Peer Support Networks for Parents & Caregivers of Children & Youth with Mental Health Challenges. The foundational research for Heart-to-Heart was completed in 2022, including a landscape assessment of current practices and a global literature review of leading, evidence-informed practices.

Increasingly, caregivers are unable to access the treatment to meet their children's complex mental health needs. In the absence of accessing these therapeutic supports, caregivers become the primary "therapists" as they attempt to navigate the mental health system in search of supports. Seeking treatment can be a frustrating and isolating experience for caregivers, which often detracts from their emotional resilience and may exacerbate their children's mental and emotional challenges.

Peer support networks can feel like a lifeline for caregivers who are struggling to fulfil the challenging mental health needs of their children. Research demonstrates clear evidence that, when administered by appropriately trained individuals, peer support provides a multitude of benefits beyond feelings of connectedness and fostering resilience; they offer opportunities to share strategies, system navigation insights, identification of barriers and potential solutions, build greater awareness of the warning signs associated with suicide and overdose risks, advice in relation to advocacy and private therapy options.

Next Steps

Establish and initiate a co-design process with parents and caregivers to develop the Heart-to-Heart framework.

5.0 SCHOOL-BASED INITIATIVES

Our sole School-Based Initiatives focus for the 2022 school year was our weekly Educator Outreach email to help provide educators with insights, tools, resources, and classroom content to increase practical awareness to help identify students in need of supports and those potentially at risk of suicide. This year, we increased our distribution list to almost 3,200 educators. The education resources are focused on developing healthy relationships, resiliency, and D.IDEA, covering a wide variety of topics, such as self-awareness, social-emotional learning, anti-oppression, and Indigenous Worldviews.

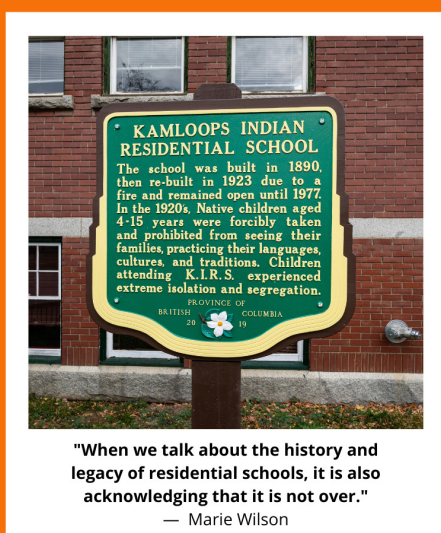


Figure 7. [National Day for Truth & Reconciliation](#)



Figure 8. [Celebrating Gender Diversity](#)

Next Steps

Myles Ahead will continue to support educators with curated resources, conduct an evaluation to identify improvement opportunities, and work to increase the readership of our Educator Outreach emails.

As of December 2022, Myles Ahead's email distribution list contained over 3,000 educators!



Figure 9. [Mental Health Literacy & Life Promotion](#)¹³



Figure 10. [Building Resiliency](#)¹⁵

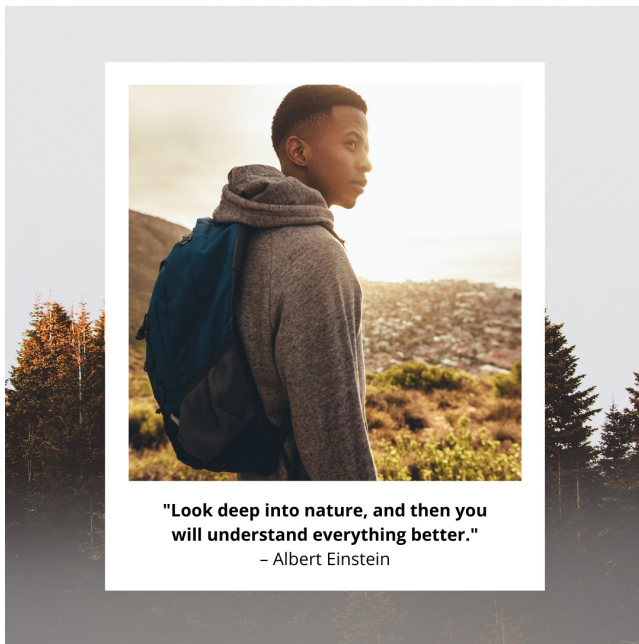


Figure 11. [Mental Health Week](#)¹⁴

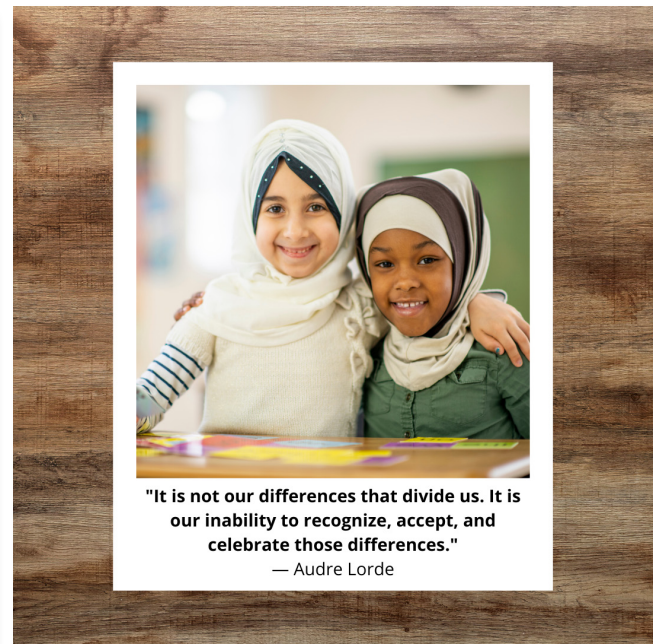


Figure 12. [Life Promotion & Resilience-Building](#)¹⁶

6.0 LIFE PROMOTION / SUICIDE PREVENTION INITIATIVES

As one of the five founding members of the Ontario Youth Suicide Prevention, Life Promotion Collaborative, Myles Ahead continued our work in support of the Collaborative's mandate. Formed in 2019 to help ensure young people in Ontario, and their supporters, "have access to current evidence-based, practical knowledge to effectively guide their efforts in suicide prevention and life promotion." As a result of our collective work, the focus in 2022 was completing a landscape assessment and releasing our first knowledge product titled "School-Based Prevention Life Promotion Initiatives: A Resource for Community-Based Providers."

In addition to Myles Ahead, the Ontario Youth Suicide Prevention Life Promotion Collaborative's founding members include the following organizations: Canadian Mental Health Association, Ontario (Acting as the Secretariat); Canadian Mental Health Association, Waterloo Wellington; Children's Mental Health Ontario; Jack.org; Knowledge Institute on Child and Youth Mental Health and Addiction; Mental Health Commission of Canada; and School Mental Health Ontario.

Ontario Youth Suicide Prevention Life
Promotion Collaborative



Next Steps

We will continue to work with the Collaborative and release knowledge products to help support the reduction of suicide-related risks for young people in Ontario. Myles Ahead will also work to promote these resources across Canada.

7.0 COMMUNICATIONS

Throughout 2022, we stayed connected with the Myles Ahead Community by sharing resources and inspiring stories. We also increased our presence on social media, including Facebook, Instagram and LinkedIn: including Facebook and Instagram ads, **our total reach was almost 75,000!**

Blog articles with suggested strategies and personal stories are shared on a regular basis, including links to resources for children, youths, parents / caregivers, and educators. The blog articles address a broad range of mental health subjects and address social issues and initiatives, such as the following.

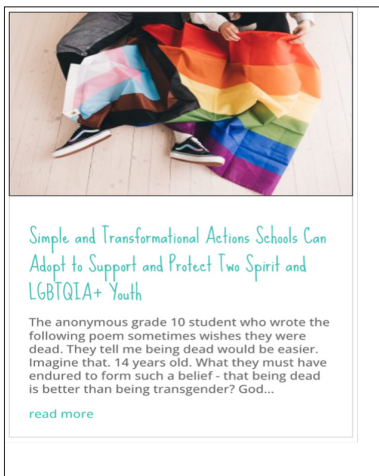


Figure 13. Simple and Transformational Actions Schools Can Adopt to Support and Protect Two Spirit and LGBTQIA+ Youth

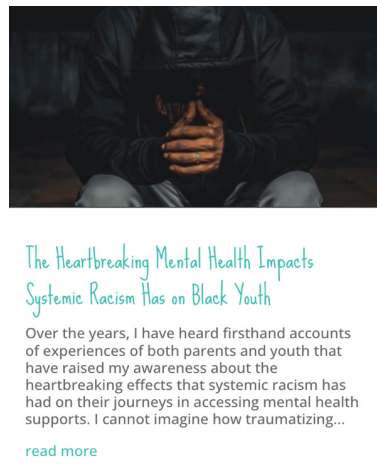


Figure 14. Blog Post

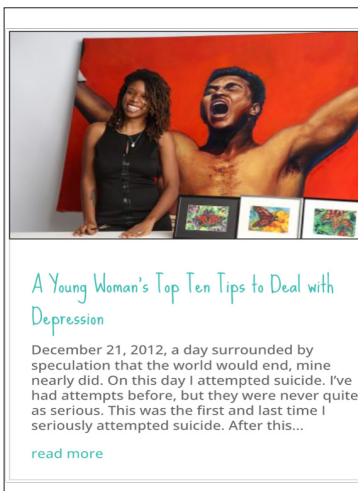


Figure 15. Blog Post

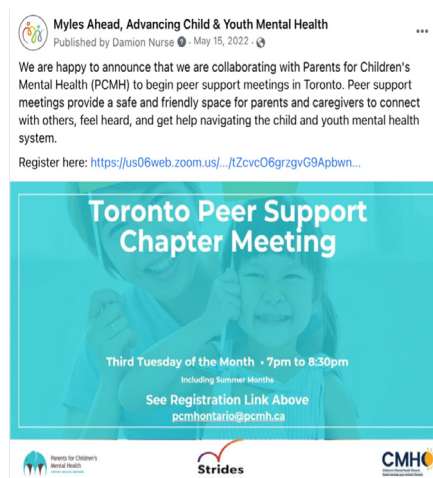


Figure 16. Blog Post

8.0 FUELLING MYLES AHEAD



We are very grateful to the Myles Ahead Community for their unwavering support, helping us to stay hopeful and focused on co-creating meaningful change that advances systems for the betterment of child and youth mental health. In addition to the support through Myles Ahead's fundraising efforts, we are grateful to have received donations from the **Albert William Singh Memorial Foundation** and a grant from **Hydro One**.

8.1 Run Myles Ahead Fundraiser

Our annual Run Myles Ahead Fundraiser was on Sunday, September 25th. **We surpassed our goal and raised \$40,211!** Thank you to everyone who donated or joined Run Myles Ahead, our annual 5km run/walk fundraiser! We were so impressed by the number of people who participated, including individuals and teams, showing their support from Alberta to Ontario. While there was rain on run day in Toronto, there was still a great turnout of walkers/runners. Also, there was a Lemonade Stand with "Bad Jokes," hosted by Myles' cousin Mabel, alongside a neighbour-friend, Noah, who sold handmade bracelets and key chains.

We would also like to extend our heartfelt thanks to Kristina Rettie who over 30 runners and raised over \$9,700! This fundraising support is crucial to fuelling Myles Ahead's ability to continue our journey of advancing systems to better support child and youth mental health.

As part of our ongoing dedication to Truth and Reconciliation, we shared 15% of our proceeds with Finding Our Power Together, "an Indigenous-led non-profit organization supporting Indigenous youth to access support and relationships that enable them to thrive."

Also, we are grateful to the Running Room for their generous donation of three \$100 gift certificates and The Keg for the \$50 gift certificate.

Congratulations to the Run Myles Ahead prize winners:

Sandy Murray and Team Turtle for winning our grand prize: Myles Ahead hats for the team, \$50 Keg gift certificate, and \$100 gift certificate to the Running Room!

Maxime Desmons and team WeRunMylesAhead for taking home our second random draw to take home Myles Ahead hats for the team and \$100 gift certificate to the Running Room!

The fastest runners' prize was awarded to Susan Rousell's Run Myles to Mars team (thanks to Riley and Vaughan!), taking home hats and a \$100 gift certificate to the Running Room!



Figure 17. Just before the run begins



Figure 18. Photos from Run Myles Ahead



Figure 19. Social media from Run Myles Ahead

8.2 Hydro One Energizing Community Fund

We were thrilled to be the recipient of the Hydro One Energizing Community Fund, in support of Myles to Mars. We are deeply grateful for being awarded this grant, in addition to the social media posts, as well as the upcoming blog article and video to create more awareness about the work that we do to advance systems to better support child and youth mental health.



Figure 20. Social media post expressing our gratitude for the grant



Figure 21. Behind-the-scenes selfie on the day of video production (L-R: Jeevita, Leslie, and Nicole)

8.3 Giving Tree Fundraiser

This year, we launched our Giving Tree campaign on November 29th (Giving Tuesday), which continued until December 31st. We were deeply touched that the Myles Ahead Community helped us to exceed our fundraising goal, and we would like to extend a heartfelt thank you for helping us spread the word. In total, the Giving Tree Fundraiser **raised nearly \$13,000!**



Figure 22. Wrap-up post on social media

8.5 Charity Week

It was an honour to be selected by Lawrence Collegiate Institute as the focus of their Charity Week fundraising campaign, through which they **raised more than \$3,500!** Thank you!

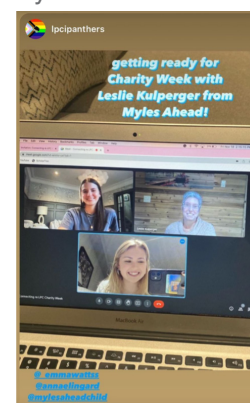


Figure 23. Lawrence Park Social Media Post with Leslie, and students Emma Watts and Anna Lingard

9.0 CONCLUSION

Thanks to the support of our amazing community, volunteers, and donors, **we raised more than \$148,750 in 2022**, which allowed us to expand our impact in meaningful ways. For example, we were able to **co-design and publish SafER Space**, which is our debut Mental Health Initiative that supports a human-centred experience for advancing child and youth mental health in emergency rooms. We are excited about the transformational possibilities that SafER Space can have throughout Canada and look forward to speaking with children's hospitals and psychiatric wards to pilot SafER Space.

While it is important to reflect upon and celebrate all that was achieved in 2022, we recognize there is still a long journey ahead. We continue to be fuelled by our passion for children and youths' mental health and wellbeing; and our dedication gets stronger every year to continue co-creating and supporting meaningful change to advance Myles Ahead's mission.

Advancing Child & Youth Mental Health... Myles Ahead!

Endnotes

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Onwards!Upwards!MylesAhead!



Photo by Jun Zhou: Killbear Provincial Park, in the Robinson Huron Treaty and Williams Treaty areas, and one of Myles' favourite places.



2022 ANNUAL REPORT

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